

## Green Beans with Tomatoes and Herbs

Serves: 4

### Ingredients

1 tsp. olive oil	1 tsp. minced fresh oregano (½ tsp. dried)
1 small onion, minced	¾ lb. fresh green beans, trimmed, or
2 garlic cloves, finely minced	1 package (10 oz.) frozen green beans,
1 large ripe tomato, diced, or ½ can (7 oz.)	thawed
diced tomatoes, drained	Salt and freshly ground black pepper, to
1 tsp. minced fresh basil (½ tsp. dried)	taste

In a nonstick skillet, heat oil over medium heat. Add onion and sauté for 5 minutes.

Add garlic, tomato, basil, and oregano. Cook for 2 minutes.

Add green beans, cover and cook for 6 minutes, until the beans are crisp but tender.

Add salt and pepper, to taste.

Per serving: 54 calories, 2 g fat (<1 g saturated fat), 10 g carbohydrates, 2 g protein, 3 g dietary fiber, 7 mg sodium.